



Work hours and activities

Excluding holidays, in the last 12 months how often have you worked more than 48 hours in a week?

- ☐ Every week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Never

Please tick all the statements that apply.

In my work, I spend **at least half my time...**

- ☐ ... at a desk
- ☐ ... using a computer
- ☐ ... in the open air
- ☐ ... being physically active
- ☐ ... communicating face-to-face with others
- ☐ ... travelling
- ☐ None of the above

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